
	<p align="center">SwimRVA Summer Invitational June 13-15, 2025 SANCTION NO. VS-25-95</p>		<p align="center">Hosted by </p>
SANCTION:	<ul style="list-style-type: none"> Held under the sanction of USA Swimming/Virginia Swimming, Inc., SANCTION NO: VS-25-5 USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, DBA SwimRVA, shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. In applying for this sanction, the Host, SwimRVA, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia and SwimRVA. 		
LOCATION:	SwimRVA - CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234.		
FACILITY:	<ul style="list-style-type: none"> The Collegiate School Aquatic Center provides 2 indoor pools and supports amenities including hospitality, a swim shop, classroom, and wireless internet. The 50-Meter competition pool with bulkheads. The competition pool has a depth of seven feet and seven inches at the sides and eight feet two inches in the center. Competition lanes are a minimum of 9 feet wide swam from wall to bulkhead. This meet will be swum in the 50-Meter course. Omega Starting Blocks, Colorado Timing GEN7 automatic and semi-automatic timing, backup Dolphin wireless stopwatches. The meet host will ensure that the competition course meets the required dimensions as specified in 103.3 USA Swimming Rules and Regulations. (USA-S Rule change.) American Red Cross certified lifeguards will be on duty for the duration of the contest. The facility is also equipped with first aid supplies, 2 AEDs and emergency oxygen. To provide parents/guardians who are outside of the facility with the ability to view their athletes' events, this meet will be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming. 		
MEET DIRECTOR:	<p>Name: Jacob Wallin Email: jacob.wallin@swimrichmond.org Phone: (804) 334-7669</p>		
ELIGIBILITY:	<ul style="list-style-type: none"> Open to all USA Swimming athletes from RAYS, SwimRVA, Naval Academy Aquatic Club, Arlington Aquatic Club, and YMCA of the Triangle Area Swim Team, registered by the first day of the meet. No on-deck USA Swimming athlete registration will be permitted. 2025-2028 NAG time standards are in effect. Swimmers age on June 13, 2025, will determine age for the entire meet. 		
DISABILITY SWIMMERS:	<ul style="list-style-type: none"> Athletes with disabilities are welcome and shall provide advance notice of the desired accommodation to the Meet Director. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition using the <u>Disability Accommodation Form</u>. 		
ATHLETES WITH A SERIOUS MEDICAL CONDITION:	<ul style="list-style-type: none"> The swimmer (or the swimmer's coach) is responsible for notifying the Meet Referee, prior to the competition, of the medical condition that is potentially life-threatening while swimming and of any requested accommodation. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support. This provision does not apply to medical conditions that are not life-threatening while swimming, including injuries that limit the range of motion. 		

	<ul style="list-style-type: none"> The swimmer/coach shall provide a Personal Assistant(s) as needed.
FORMAT:	<ul style="list-style-type: none"> 13 & Over events will be swum as prelim/final except for the following: <ul style="list-style-type: none"> 13 & Over 400 IM will be swum as timed final at the end of Saturday preliminary. 13 & Over 400 Free will be swum as timed final at the end of Sunday preliminary. 13 & Over 1500 Free will be swum on Friday with all heats being swum in the afternoon session. All heats will be swum slowest to fastest, alternating heats of girls and boys. The timeline will be such that the last heat will finish at the beginning of the warm-up period for finals. ALL RELAY EVENTS WILL BE TIMED FINALS AND SWUM DURING THE FINALS SESSIONS. Teams will be limited to an A and B relay only. All B relays will be seeded together, and all A relays will be seeded together and swum after the B relay heats. All 12 and under swimmers will swim in the afternoon sessions on Friday, Saturday, and Sunday. All 12 and under events will be timed finals. 13-14 swimmers will advance to the top 16 to finals. 15 & Over swimmers will advance to the top 24 to finals except the 50 Freestyles, which are described below in the SEEDING section. Chase starts may be used at the discretion of the referee. A decision will be made and communicated to teams by Monday, June 9, 2025.
SEEDING:	<ul style="list-style-type: none"> All preliminary events for 13 and over athletes will be positive check-in. Positive check-in will close 30 minutes prior to the start of the session. 13 & Over 1500 M Free will be swum slowest to fastest alternating heats of girls and boys. 13 & Over 400 IM and 400 Free will be swum as follows: <ul style="list-style-type: none"> The four fastest heats of each gender will swim first, slowest to fastest. The remaining heats will be swum fastest to slowest, alternating girls, then boys. The finals of all 13-14 50s will include the top 21 athletes and the finals of all 15 & Over 50s will include the top 29 athletes. The fastest swimmer from each of the five teams will swim in a Super Final which will occur after the "C", "B" and "A" finals are complete. The event will score the top 16, but the top 21 finalists will be eligible to place. The top 21 (B, A, and Super Finals) will place based on final time and not be limited to an A/B final scoring format. The Meet Director, in consultation with the Meet Referee, may choose to remove Relay events or move the 13 & Over relays to the preliminary sessions depending on the timeline. Teams will be notified No Later Than Monday, June 9th if chase starts are used or relays are moved/removed. <ul style="list-style-type: none"> If the Relays are removed from the meet, entry fees will be refunded.
WARM-UP:	<p>Warm-up times and lane assignments (if assigned warm-up lanes) will be emailed to all teams on Monday, June 9th, 2025.</p> <ul style="list-style-type: none"> 13 & Over Preliminary Sessions <ul style="list-style-type: none"> Warm-up: Not Before 6:30 AM Session Start: Not before 8:00 AM 12 & Under Afternoon Session <ul style="list-style-type: none"> Warm-up: Not Before 10:30 AM Session Start: Not before 11:30 AM 13 & Over Finals Sessions <ul style="list-style-type: none"> Warm-up: Not Before 5:00 PM Session Start: Not before 6:00 PM If the prior session runs late, warmups for the following session will begin at the conclusion of the previous session. The start time of the 1500 M Free will be such that the last heat will finish at the start of the final warm-up period on Friday. There will be a minimum of a 20-minute warm-up period prior to the start of the 1500 M Free session.

ENTRIES:	<p>DEADLINE FOR THE RECEIPT OF ENTRIES IS Tuesday, June 3, 2025.</p> <ul style="list-style-type: none"> • Entries must be submitted in Long Course Meters using Commlink-2 software. • Teams must submit entries and an exported team roster file via e-mail to: entries@swimrichmond.org. • A print-out of entries and fees must be included with the name of the person to contact in case of questions, regardless of how they are submitted. • Swimmers may enter a maximum of 3 individual event(s) and 1 relay event(s) per day. • Relays must be designated "A" and "B" and only A and B relays are allowed. • "No Time" (NT) entries will be accepted for events in which a swimmer does not have a current time. • Entries will be processed in the order received and accepted to the greatest extent possible without exceeding the 4-hour/session timeline limit for 12 & Under sessions.
SCORING and AWARDS:	<ul style="list-style-type: none"> • Individual High Point and High Point Runner up plaques will be awarded for 8 & Under, 9-10, 11-12, 13-14 and 15 & Over age groups. • Heat winner prizes will be awarded for 12 & Under events. • The name of the Team winner will be engraved on the perpetual trophy and receive a Champions plaque. • Each event will be scored top 16: 20-17-16-15-14-13-12-11, 9-7-6-5-4-3-2-1 • Relays will be scored top 8: 40-34-32-30-28-26-24-22
FEES:	<ul style="list-style-type: none"> • 13 & Over Individual events: \$16.50 • 12 & Under Individual events: \$11.00 • Relay events: \$22.00 • Swimmer fee: \$2.50 per person (entered in the meet at any capacity) • Checks should be made payable to SwimRVA • Mail payment (or bring with you to the meet) to: SwimRVA 5050 Ridgedale Parkway Richmond, VA 23234 • Payment must be received by Friday, June 13, 2025. Failure to pay entry fees by this deadline could result in teams being barred from the meet. • IMPORTANT: If payment is sent via Express Mail/FedEx/Airborne/UPS/etc., Please ensure that a signature is NOT required for delivery.
PENALTIES:	<ul style="list-style-type: none"> • A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as: <ul style="list-style-type: none"> ○ Entries using fraudulent or non-verifiable times. ○ Any Athlete competed in the incorrect age group. ○ The Athlete is not registered with USA Swimming prior to the first day of the meet. • If the swimmer represents a club in the competition, the fine will be levied on the Club. If the swimmers are unattached, the fine will be levied on the swimmer. • Any event in which an athlete participated illegally will be re-scored and re-awarded.
OFFICIALS:	<p>Meet Referee: Ralph Jones</p> <p>Email: RalphVASwim@gmail.com</p> <ul style="list-style-type: none"> • Officials will be needed for all positions and all sessions for this meet. • Certified and Apprentice Officials interested in serving should fill out the SwimRVA signup at by Friday, June 6th or as soon as possible thereafter by clicking the link below: <ul style="list-style-type: none"> ○ SWIMRVA SUMMER INVITATIONAL APPLICATION TO OFFICIATE

SAFETY:	<p>Meet Safety Officer: Jacob Wallin – (jacob.wallin@swimrichmond.org)</p> <ul style="list-style-type: none"> VSI Safety and Warm-up procedures will be in effect. During general warm-up, feet first entry only. There will be NO DIVING OR RACING STARTS from the blocks or end of the pool during general warm-ups. Use of training equipment other than snorkels is not permitted during warm-ups.
TIMERS:	<ul style="list-style-type: none"> Teams will be required to provide timers based on the number of athletes entered in the meet. Timer assignments will be sent to teams NLT Monday, June 9, 2025 There will be two (2) timers per lane. Timer shifts will be assigned based on entries. The Timers' briefing will take place 20 minutes prior to the start of each session. Lap counting devices will be provided for the 1500 Free. Swimmers competing in distance events are required to provide their own timers and lap counters.
GENERAL:	<ul style="list-style-type: none"> Heat Sheets: A listing of seeded heats will be available on the Meet Mobile app. PDF files with daily heat sheets by session will be sent to participating teams by email. QR codes for digital heat sheets will be posted. Results: The results will be available on the Meet Mobile app. The results will also be posted to the Virginia Swimming web site after the conclusion of the meet. Swim Supplies: Swim and Tri swim shop will be operating in the lobby of the facility. Hospitality: A light breakfast, lunch, and dinner will be provided. Drinks will be available all day. Concession: Concessions will be offered through the SwimRVA Café on the first floor of the aquatics center.
FACILITY RULES:	<ul style="list-style-type: none"> The current USA Swimming Rules and Regulations including the Minor Athlete Abuse Prevention Policy will govern this meet. All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (MAAPP) and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition. The meet will follow all scratch procedures in rule 207.11.6.C-E.3 for 13 & Over events. There will not be a re-entry fee established and re-entry for individual or relay events for missed preliminary events will not be allowed. Any swimmer entered in the meet must be certified by a USA-S member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present without written USA Swimming approval. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is <u>not permitted</u>. Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED. In accordance with VSI best practices, all swimmers should shower before entering the pool. An athlete suspected of sustaining a concussion or exhibiting signs of a concussion will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider. In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.

VIDEO STREAMING	<ul style="list-style-type: none">• SwimRVA will be using our state-of-the-art video streaming system for this contest. The athlete's name, team and time will be displayed in an overlay of their lane, just like in the Olympics! Spectators will be able to go back and watch races over and over again.• Visit our streaming site https://swimrva.vhx.tv/ for product information.
FACILITY RULES:	<ul style="list-style-type: none">• No glass containers of any kind are permitted in the facility.• No spectators will be allowed on the pool deck but will have access to the restrooms in the facility lobby.• No smoking is allowed on the campus.• All rules are posted at pool side.

SwimRVA Summer Invitational | June 13-15, 2025

ORDER OF EVENTS

Friday, June 13th, 2025

Session 1: 13 & Over Preliminary

Warm-up: Not Before 6:30 AM
Start: Not Before 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	RELAYS SWUM AT FINALS	
3	13-14 100 Backstroke	4
5	15 & Over 100 Backstroke	6
7	13-14 100 Breaststroke	8
9	15 & Over 100 Breaststroke	10
11	13-14 200 Butterfly	12
13	15 & Over 200 Butterfly	14
15	13-14 50 Freestyle	16
17	15 & Over 50 Freestyle	18

Session 2: 12 & Under Timed Finals

Warm-up: Not before 10:30 AM
Start: Not before 11:30 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
21	12 & Under 400 Freestyle	22
23	10 & Under 100 Butterfly	24
25	11-12 100 Butterfly	26
27	8 & Under 50 Breaststroke	28
29	9-10 50 Breaststroke	30
31	11-12 50 Breaststroke	32
33	12 & Under 400 IM	34

Session 3: 13 & Over Distance

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
19	13 & Over 1500 Freestyle	20

Session 4: 13 & Over Finals

Warm-up: Not before 5:00 PM
Start: Not before 6:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
1	Mixed 13-14 200 Medley Relay (Timed Final)	
2	Mixed 15 & Over 200 Medley Relay (Timed Final)	
3	13-14 100 Backstroke	4
5	15 & Over 100 Backstroke	6
7	13-14 100 Breaststroke	8
9	15 & Over 100 Breaststroke	10
11	13-14 200 Butterfly	12
13	15 & Over 200 Butterfly	14
15	13-14 50 Freestyle	16
17	15 & Over 50 Freestyle	18

Saturday, June 14th, 2025

Session 5: 13 & Over Preliminary Warm-up: Not Before 6:30 AM Start: Not Before 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	RELAYS SWUM AT FINALS	
39	13-14 200 Backstroke	40
41	15 & Over 200 Backstroke	42
43	13-14 50 Breaststroke	44
45	15 & Over 50 Breaststroke	46
47	13-14 200 Freestyle	48
49	15 & Over 200 Freestyle	50
51	13-14 100 Butterfly	52
53	15 & Over 100 Butterfly	54
55	13-14 50 Backstroke	56
57	15 & Over 50 Backstroke	58
59	13 & Over 400 IM	60

Session 6: 12 & Under Timed Finals Warm-up: Not before 10:30 AM Start: Not before 11:30 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
61	10 & Under 200 Medley Relay	62
63	11-12 200 Medley Relay	64
65	10 & Under 200 Freestyle	66
67	11-12 200 Freestyle	68
69	10 & Under 100 Backstroke	70
71	11-12 100 Backstroke	72
73	11-12 200 Breaststroke	74
75	8 & Under 50 Freestyle	76
77	9-10 50 Freestyle	78
79	11-12 50 Freestyle	80

Session 7: 13 & Over Finals Warm-up: Not before 5:00 PM Start: Not before 6:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
35	13-14 200 Medley Relay (Timed Final)	36
37	15 & Over 200 Medley Relay (Timed Final)	38
39	13-14 200 Backstroke	40
41	15 & Over 200 Backstroke	42
43	13-14 50 Breaststroke	44
45	15 & Over 50 Breaststroke	46
47	13-14 200 Freestyle	48
49	15 & Over 200 Freestyle	50
51	13-14 100 Butterfly	52
53	15 & Over 100 Butterfly	54
55	13-14 50 Backstroke	56
57	15 & Over 50 Backstroke	58

Sunday, June 15th, 2025

Session 8: 13 & Over Preliminary Warm-up: Not Before 6:30 AM Start: Not Before 8:00 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
	RELAYS SWUM AT FINALS	
85	13-14 200 Breaststroke	86
87	15 & Over 200 Breaststroke	88
89	13-14 100 Freestyle	90
91	15 & Over 100 Freestyle	92
93	13-14 200 IM	94
95	15 & Over 200 IM	96
97	13-14 50 Butterfly	98
99	15 & Over 50 Butterfly	100
101	13 & Over 400 Freestyle	102

Session 9: 12 & Under Timed Finals Warm-up: Not before 10:30 AM Start: Not before 11:30 AM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
103	10 & Under 200 Freestyle Relay	104
105	11-12 200 Freestyle Relay	106
107	10 & Under 200 IM	108
109	11-12 200 IM	110
111	10 & Under 100 Freestyle	112
113	11-12 100 Freestyle	114
115	8 & Under 50 Butterfly	116
117	9-10 50 Butterfly	118
119	11-12 50 Butterfly	120
121	11-12 200 Backstroke	122
123	10 & Under 100 Breaststroke	124
125	11-12 100 Breaststroke	126
127	8 & Under 50 Backstroke	128
129	9-10 50 Backstroke	130
131	11-12 50 Backstroke	132
133	11-12 200 Butterfly	134

Session 10: 13 & Over Finals Warm-up: Not before 5:00 PM Start: Not before 6:00 PM

<u>Girls</u>	<u>Events</u>	<u>Boys</u>
81	13-14 200 Freestyle Relay (Timed Final)	82
83	15 & Over 200 Freestyle Relay (Timed Final)	84
85	13-14 200 Breaststroke	86
87	15 & Over 200 Breaststroke	88
89	13-14 100 Freestyle	90
91	15 & Over 100 Freestyle	92
93	13-14 200 IM	94
95	15 & Over 200 IM	96
97	13-14 50 Butterfly	98
99	15 & Over 50 Butterfly	100